

Fits, Spasms, Epilepsy,

The most frequent cause of these frightful nervous disorders, is chronic headache. The attacks vary in intensity from a sudden dizziness or partial loss of consciousness; to the severer form of convulsions and insensibility. Dr. Miles' Nervine will cure them. Sold by all druggists on a positive guarantee that the first bottle will benefit or money returned. Book on Nervous Disorders free. Dr. Miles Medical Co., Elkhart, Ind.

Dr. Miles' Nervine Restores Health

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SELF DENIAL.

Ideas of the Salvation Army on a Special Christian Week.

What is the week of self denial?

A week set apart annually when all officers, soldiers and friends of the Salvation Army in every land unite to abstain and deny themselves in various ways, according to their position, and devote the money so obtained to helping forward the war.

Special efforts are also made by street and house to house collections, special meetings, and other forms of individual enterprise.

Is the idea original?

Yes, and has been in operation for ten years: It has, however, since been copied by various Christian bodies with good results.

What is the effect on those who take part in it?

Entirely beneficial. Self denial for the sake of others cannot but draw out and enlarge the sympathies of those who prosecute it.

In what class of society do you find the largest number of self deniers?

They are found among the poor and laboring classes. "The poor of this world—rich in faith" is proved again and again as we see the sacrifice and privation joyfully undergone by the very humblest among us in all lands where the flag flies.

Why does the Salvation Army object to luxury?

The effect of luxury upon a nation or family or an individual is hurtful in the extreme. It chokes all that is noble and beautiful, allowing the weeds of pride, selfishness and the grosser vices to flourish unchecked.

Just as the habit of indulgence grows until some Christian people get to think they "really cannot be expected to do without" ornaments and enjoyments that cost them scores, hundreds and even thousands of dollars, so the habit of contentment grows, until others who have not what many consider the necessities of life feel themselves "perfectly comfortable."

Why should Christians practice self-denial?

True self-denial is born of God. It is the offspring of Calvary, the child of love, and the handmaid of compassion. Just as Mercy reveals the "Motherhood of God" so self-denial shows the Brotherhood of Man—"All the World."

First and Always

If you can afford to buy any beer at all you surely can afford to buy and use only the best. Seattle Beer contains no injurious ingredients and is therefore absolutely pure. On draught at the Criterion saloon.

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First Class Work in every respect. Murray Wagon Shop, - - - King Street. Telephone, 572.

A Man in Arkansas

Could not repair his roof when it rained, and would not do so when it was not raining because it did not need it.

This wet weather is hard on your roofs and unless properly looked after will cause you great annoyance.

Don't be penny wise and pound foolish, but see

STERLING, THE PAINTER

Office on Union square, opp. Bell Tower

Make your advertising an investment, not an expense.



DOTTIE HAGER.

LOWELL, WASH., Jan. 1, 1895.

WELLS, RICHARDSON & Co.,

Gentlemen:—My little girl has always been delicate. When she was a year old she had spasms caused by indigestion. The measles were coming out on her at the same time, and since then every little thing would throw her into spasms or the symptoms of them.

If she took the slightest cold she would wake up at night in a flighty condition, and we would have to give her medicine and work with her a long time to keep her from having a spasm. She would be like that every four or six months, and we had a doctor several times.

This fall she took cold while out playing, and woke in the night, flighty as usual. This turned to rheumatism in her hand, leg, and foot. The doctors gave her some medicine and bathed

the parts in oil of peppermint, which helped her for the time being, but the rheumatism came back as soon as she went out. So I concluded to try Paine's Celery Compound for her, and continued bathing as before. She commenced to improve right away, and I had given her but little over half a bottle when she was strong and well and able to go to school again. She has been doing finely ever since, and is healthier than ever before and always hungry.

We cannot say too much in praise of Paine's Celery Compound.

Very truly yours,

Mrs. D. Hager

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WHOLESALE AGENTS FOR THE HAWAIIAN ISLANDS.



Model 21 Ladies Remington.

Realizing how great a number of ladies are now riding bicycles and how enormously popular this form of exercise has become, the Remington Arms Company have taken great pains to produce a machine especially designed with a view to the comfort of the rider. The material used in the construction of this model is the same as in all other models. The only difference is in the frame being DOUBLE DROP instead of a Diamond. This wheel is furnished with a detachable aluminum mud guard. Very liberal options as regards gearing, tires, etc., etc.



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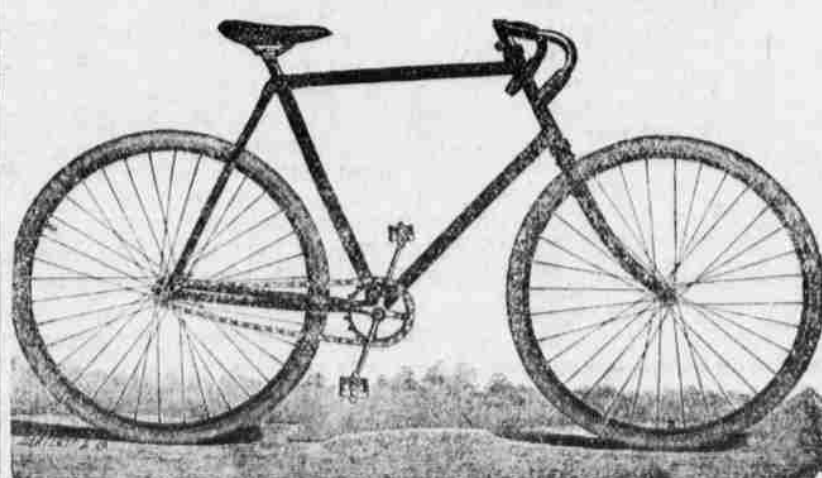
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Ride a Cleveland!

There is a best in everything, and it is the CLEVELAND in bicycles.

CLEVELAND riders know they have the best, and everybody else knows it, too, consequently they are happy.

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They stand the test.

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The Handsome Cleveland Riding Academy

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